

Summer Salad

Makes: 8 servings

Ingredients

- 8 cups** salad greens
- 6** green onion (thinly sliced, with tops)
- 6** mushroom (large, fresh, thinly sliced)
- 1/4 cup** walnuts (coarsely chopped)
- 3/4 cup** parsley (fresh, finely chopped)
- 3/4 cup** dressing (Tangy, see recipe)

Directions

1. Wash and dry greens. Tear into bite-sized pieces and place in large salad bowl.
2. Add onion, mushrooms, walnuts and parsley. Just before serving, toss with dressing.

Source: North Dakota State University Extension Service, Creative Commons

Nutrition Information

Nutrients	Amount
Calories	70
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	25 mg
Total Carbohydrate	10 g
Dietary Fiber	2 g
Total Sugars	7 g
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	